

## WHAT IS CLAIMED IS:

1. A method of recording data optically onto an optical disk having a plurality of sectors, each sector having a data region to be recorded with data, the data being recorded in units of blocks, the block being a data unit which includes a predetermined number of sectors and to which error correction is applied, the method comprising:

in recording data related to a content by dividing and recording the data on a plurality of continuous sectors,

recording dummy data on a region adjacent before a sector from which data recording is started, the dummy data being used for extracting a clock for data reproduction; and

recording the data related to the contents on sectors following the region recorded with the dummy data.

2. The method according to claim 1, wherein the region adjacent before on which the dummy data is recorded is a sector adjacent before the sector from which data recording is started.

3. The method according to claim 1, wherein the

region adjacent before on which the dummy data is recorded is a region between the blocks.

4. The method according to claim 1, wherein the dummy data is recorded on a front portion of each sector on which the data is recorded.

5. The method according to claim 1, wherein the dummy data is recorded in an end portion of each sector on which the data is recorded.

6. The method according to claim 1, wherein the dummy data is recorded in front and end portions of each sector on which the data is recorded.

7. The method according to claim 1, wherein the dummy data includes a synchronizing pattern with a single frequency.

8. The method according to claim 1, wherein the dummy data includes iteration of predetermined patterns.

9. The method according to claim 1, wherein when a region to be recorded with data in the optical disk is divided into a plurality of zones each having a different

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rotational speed of the disk at data reproduction, the region on which the dummy data is recorded is in the vicinity of the most inside area in each zone.

5 10. The method according to claim 1, wherein when the data recording is suspended during the recording of data related to the content, the dummy data is recorded on a region adjacent before a sector from which the data recording of data related to the content is re-started.

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11. The method according to claim 1, wherein the dummy data recorded adjacent before the leading block included in the contents is longer than the dummy data recorded adjacent before each block included in the contents.

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12. The method according to claim 1, wherein the dummy data recorded adjacent after the final block included in the contents is longer than the dummy data recorded adjacent after each block included in the contents.

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13. An apparatus for recording data optically onto an optical disk having a plurality of sectors, each sector having a data region to be recorded with data, the data being recorded in units of blocks, the block being a data

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unit which includes a predetermined number of sectors and to which error correction is applied,

the apparatus comprising a recording unit that optically records the data to the optical disk, and a controller that controls the recording operation of the recording unit,

wherein, in recording data related to a content by dividing and recording the data on a plurality of continuous sectors, the controller controls the recording unit such that dummy data to be used for extracting a clock for data reproduction is recorded on a region adjacent before a sector from which data recording is started, and that the data related to the contents is recorded on sectors following the region recorded with the dummy data.

14. The apparatus according to claim 13, wherein the region adjacent before on which the dummy data is recorded is a sector adjacent before the sector from which data recording is started.

15. The apparatus according to claim 13, wherein the region adjacent before on which the dummy data is recorded is a region between the blocks.

16. The apparatus according to claim 13, wherein the

dummy data is recorded on a front portion of each sector on which the data is recorded.

17. The apparatus according to claim 13, wherein the dummy data is recorded on an end portion of each sector on which the data is recorded.

18. The apparatus according to claim 13, wherein the dummy data is recorded on front and end portions of each sector on which the data is recorded.

19. The apparatus according to claim 13, wherein the dummy data includes a synchronizing pattern with a single frequency.

20. The apparatus according to claim 13, wherein the dummy data includes iteration of predetermined patterns.

21. The apparatus according to claim 13, wherein when a region to be recorded with data in the optical disk is divided into a plurality of zones each having a different rotational speed of the disk at data reproduction, the region on which the dummy data is recorded is in the vicinity of the most inside area in each zone.

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22. The apparatus according to claim 13, wherein when the data recording is suspended during the recording of data related to the content, the dummy data is recorded on a region adjacent before a sector from which the data recording of data related to the content is re-started.

23. The apparatus according to claim 13, wherein the dummy data recorded adjacent before the leading block included in the contents is longer than the dummy data recorded adjacent before each block included in the contents.

24. The apparatus according to claim 13, wherein the dummy data recorded adjacent after the final block included in the contents is longer than the dummy data recorded adjacent after each block included in the contents.

25. An optical disk on which data is recorded optically, having a plurality of sectors, each sector having a data region to be recorded with data, the data being recorded in units of blocks, the block being a data unit which includes a predetermined number of sectors and to which error correction is applied, wherein

in recording data related to a content by dividing and recording the data in a plurality of

continuous sectors,

dummy data is recorded on a region adjacent before a sector from which data recording is started, the dummy data is used for extracting a clock for data reproduction, and

the data related to the contents is recorded on sectors following the region recorded with the dummy data.

26. The optical disk according to claim 25, wherein the region adjacent before on which the dummy data is recorded is a sector adjacent before the sector from which data recording is started.

27. The optical disk according to claim 25, wherein the region adjacent before on which the dummy data is recorded is a region between the blocks.

28. The optical disk according to claim 25, wherein the dummy data is recorded in a front portion of each sector on which the data is recorded.

29. The optical disk according to claim 25, wherein the dummy data is recorded on an end portion of each sector on which the data is recorded.

30. The optical disk according to claim 25, wherein the dummy data is recorded on front and end portions of each sector on which the data is recorded.

5 31. The optical disk according to claim 25, wherein the dummy data includes a synchronizing pattern with a single frequency.

10 32. The optical disk according to claim 25, wherein the dummy data includes iteration of predetermined patterns.

15 33. The optical disk according to claim 25, wherein when a region to be recorded with data in the optical disk is divided into a plurality of zones each having a different rotational speed of the disk at data reproduction, the region on which the dummy data is recorded is in the vicinity of the most inside area in each zone.

20 34. The optical disk according to claim 25, wherein when the data recording is suspended during the recording of data related to the content, the dummy data is recorded on a region adjacent before a sector from which the data recording of data related to the content is re-started.

25 35. The optical disk according to claim 25, wherein

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the dummy data recorded adjacent before the leading block included in the contents is longer than the dummy data recorded adjacent before each block included in the contents.

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36. The optical disk according to claim 25, wherein the dummy data recorded adjacent after the final block included in the contents is longer than the dummy data recorded adjacent after each block included in the contents.

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